

27 Jesus Comes to Us

“This is the bread which came down from heaven, not such as the fathers ate and died; he who eats this bread will live for ever.”

John 6:58

A very important part of the Mass is called the **Consecration**. This is when the priest takes the bread and wine and says:

“This is my Body.”

“This is the chalice of my Blood.”

At that moment, Jesus is there on the altar. We should all adore Jesus. We can pray the words of Saint Thomas, the Apostle, when he met the risen Jesus:

“My Lord and my God.”

By praying this, we are telling God that we really believe that Jesus is present.

When you receive Holy Communion, it will be one of the greatest things that ever happens to you. At Baptism you received a share in God’s life. When

you receive Holy Communion you will have even more of God's life. Jesus, Himself, will be with you.

Just as food makes our bodies grow, Holy Communion makes our souls strong and beautiful. Jesus will be closer to you than ever before. He will listen to everything you tell Him.

One day, when Jesus was out teaching, a lot of children came to see Him. The disciples started to say, "No, boys and girls, don't bother Jesus now." Jesus told the disciples that they were wrong. "Let the children come to me, and don't stop them. The Kingdom of Heaven is for them." Then Jesus probably began talking and playing with the children. He put them on His lap and blessed them.

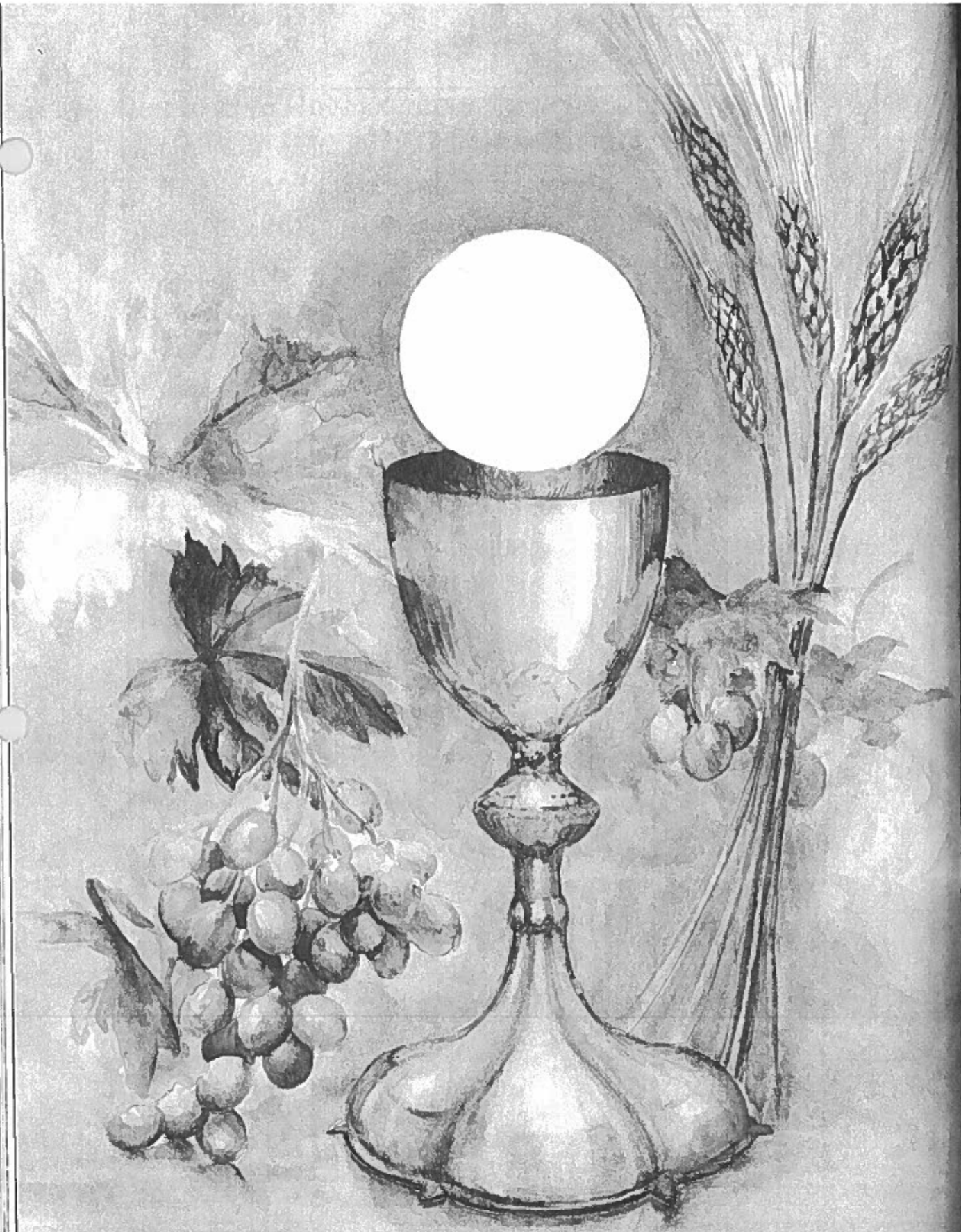
Jesus is waiting for you to come to Him. He wants very much to hold you close and bless you.

Word to Know:

Consecration

*When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord, until you
come again.*

Words from Mass



28

Jesus, My Lord And My God

“I made known to them your name, and I will make it known, that the love with which you have loved me may be in them, and I in them.”

John 17:26

There are things we should do to get ready to receive Holy Communion.

First, we must make sure our souls are healthy. We may never receive **Holy Communion** if we have a mortal sin on our souls. We must receive the Sacrament of Penance first. It is a good idea to go to Confession often, even if we only have small sins. This will give us grace and make us strong enough to keep away from mortal sin.

We should try to show in our lives that we love Jesus. This means that we say our prayers morning and night, and that we obey our parents. It means being kind and loving to all those around us.

We also prepare to receive Jesus by not eating or drinking one hour before Holy Communion.

In church we get ready for Jesus by paying attention to the Mass and making the responses. During quiet times in the Mass, we can say our own prayers to Jesus. We can tell Him how glad we are that He will soon come to us.

We should walk up to receive Communion quietly. This is not the time to look around at the other people. It is time to think about Jesus. We should receive Jesus with love and respect.

When we get back to our seats we kneel down and close our eyes. We can tell Jesus anything we want. He is glad to hear it all. We can ask Him to make us more like Him and to help us not to sin. We can ask Him to bless our family and friends.

Sometimes instead of talking to Jesus, it is nice to quietly enjoy having Jesus in our hearts. He does not need to hear a lot of words from us. Just say "I love you, Jesus." That is what Jesus wants to hear most of all.

Words to Know:

Holy Communion